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U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

Do You Know Corn Meal?

ITS USE MEANS

Service to Your Country

Nourishing Food for You

Try corn bread and see how good it can be. There are many kinds. You will wonder why you didn't use it every day before the war.

It is very nourishing, too. A cup of corn meal gives even more fuel to your body than a cup of wheat flour.

Here is a quick kind of corn bread. Our grandmothers used to bake it on a board before the open fire. You can bake it in your oven.

Corn Dodger

2 cups corn meal.

1 teaspoon salt.

2 teaspoons fat.

1 $\frac{3}{4}$ cups boiling water.

Pour the boiling water over the other materials. Beat well. When cool, form into thin cakes and bake 30 minutes in a hot oven. Makes 14 biscuits. These crisp little biscuits are good with butter or gravy. Eat them with your meat and vegetables.

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Corn as Bread

Corn bread is especially good made with sour milk and soda; but sweet milk and baking powder are satisfactory. Eggs improve the flavor and add to the food value, but may be omitted if too expensive.

CORN BREAD

(1)

2 cups corn meal.
2 cups sweet milk (whole or skim).
4 teaspoons baking powder.
1 tablespoon sugar.
2 tablespoons fat.
1 teaspoon salt.
1 egg (may be omitted).

(2)

2 cups corn meal.
2 cups sour milk.
1 teaspoon soda.
1 tablespoon sugar.
2 tablespoons fat.
1 teaspoon salt.
1 egg (may be omitted).

Mix dry ingredients. Add milk, well-beaten egg, and melted fat. Beat well. Bake in shallow pan for about 30 minutes.

An Old Southern Recipe

Here is an old-fashioned soft spoon bread that Southerners like. With milk or sirup it makes a satisfying meal.

SPOON BREAD

2 cups water.
1 cup milk (whole or skim).
1 cup corn meal.

1 tablespoon fat.
2 eggs.
2 teaspoons salt.

Mix water and corn meal and bring to the boiling point and cook 5 minutes. Beat eggs well and add with other materials to the mush. Beat well and bake in a well-greased pan for 25 minutes in a hot oven. Serve from the same dish with a spoon. Enough for six.



Corn Meal and Milk

Do you use corn-meal mush for a breakfast food? It is both cheap and good. Cooked in skim milk instead of water it is extra fine and the food value of the dish is nearly doubled.

Here is a delicious corn meal and milk dessert.

INDIAN PUDDING

| | |
|------------------------------|------------------------------|
| 4 cups milk (whole or skim). | $\frac{3}{4}$ teaspoon salt. |
| $\frac{1}{2}$ cup corn meal. | 1 teaspoon ginger. |
| $\frac{1}{3}$ cup molasses. | |

Cook milk and meal in a double boiler 20 minutes; add molasses, salt, and ginger. Pour into buttered pudding dish and bake two hours in a slow oven, or use your fireless cooker. Serve with milk. This makes a good and nourishing dessert. Serves six.

Corn Meal and Meat

Corn meal is good combined with meats. Such a dish is a meal in itself. Try this one.

TAMALE PIE

| | |
|-------------------|--------------------------|
| 2 cups corn meal. | 1 onion. |
| 6 cups water. | 2 cups tomatoes. |
| 1 tablespoon fat. | 1 pound hamburger steak. |

Make a mush by stirring the corn meal and $1\frac{1}{2}$ teaspoons salt into boiling water. Cook 45 minutes. Brown onion in fat, add hamburger and stir until red color disappears. Add salt, pepper, and tomato. A sweet pepper is an addition. Grease baking dish, put in layer of corn-meal mush, add seasoned meat, and cover with mush. Bake one-half hour. Serves six.



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Corn Helps Us Feed the World

Ours is the splendid burden of feeding the world. There is no magic way of making food win the war. It can be done in but one way; the way of voluntary and eager resolution and action of the whole people in every shop and every kitchen and at every table in the land.

The more corn we use the more food can be sent abroad. There are at least 50 ways to use corn meal to make good dishes for dinner, supper, and breakfast. Your family is missing delicious, nourishing, economical food if you are not serving corn-meal dishes in your home.

Here are some more suggestions:

HOT BREADS

Boston brown bread.
Hoccake.
Muffins.
Biscuits.
Griddle cakes.
Waffles.

DESSERTS

Corn-meal molasses cake.
Apple corn bread.
Dumplings.
Gingerbread.
Fruit gems.

HEARTY DISHES

Corn-meal croquettes.
Corn-meal fish balls.
Meat and corn-meal dumplings.
Italian polenta.
Tamales.

The recipes are in Farmers' Bulletin 565, "Corn Meal as a Food and Ways of Using It," free from the Department of Agriculture.

Corn Meal—Our Ally!

United States Food Leaflet No. 2

